



Fit for Life



This is a self-paced program encouraging patrons to run, walk, cycle, participate in our group exercise classes and use our cardio equipment on a regular basis. Patrons log their distance on the honor system.

EXERCISE YOUR OPTIONS

Cardio Club

Prizes

| | |
|-------------------|--------------|
| 500 Miles | Water Bottle |
| 1,000 Miles | Pedometer |
| 2,000 Miles | T-shirt |

Group Exercise Breakdown

| | |
|--------------------------------------|-------------|
| 30-Minute Group Exercise Class | Three miles |
| 60-Minute Group Exercise Class | Six miles |



**For more
information,
please call
967-2500.**



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